

HOME HEALTH CLUB

BOOSTERS: When one has a hobby and keeps preaching, talking and practicing along that line for twenty years or more there are bound to be many others who believe in that hobby. For over twenty years the Home Health Club has been preaching and teaching hygiene and the evils of ill-advised darning with drugs, especially such dangerous drugs as opiates, narcotics, poisons, coal tar preparations, whiskey and alcohol. It is only within the last few years that the entire medical profession has become aroused to the importance of such teaching and has really begun to teach to the laity the various practical methods of self protection against disease.

It is only through the newspapers and magazines and largely by lay writers that the people have been warned against the dangerous and deadly drugs that I have named. Let me repeat some of the things I have so often told you:

No drug, no doctor, ever cured any disease. If a doctor cannot correctly diagnose a case he has no right to prescribe a drug for it. If the doctor knows the cause of a sickness or disease, he may prescribe a remedy that will remove the cause. Nature then does the curing.

Here is a splendid little boost along the line of the Home Health Club work. It is by Dr. Paul Burmaster in the little magazine, "Our Physiological Children" of which he is editor.

"The time and the manner in which different drugs came to be used for certain ills is to a large extent a mystery. No doubt man in his more primitive stage chewed everything within reach. Just as a child does today, and observed certain results. While these results would at the present time be considered standing on very weak foundation yet most so called standard remedies were established in this manner. It must be remembered that in the days of the medicine man which all nations had at one time or another scientific investigation was extremely primitive.

There is today an ever increasing number of physicians who believe that the main benefit of many drugs is purely suggestive. Dr. Woods Hutchinson, the noted writer on medical subjects, says that no drug can work that miracle. All that medicine can do, he says, is to call a halt and give nature a chance to rally her forces. While many excellent physicians do not subscribe to so broad a statement the fact nevertheless remains that nowadays hygienic measures are more depended upon in the cure of disease than drugs.

A knowledge of hygiene is not the private property of the medical profession and is not claimed. The real physician of today does his best work in spreading this knowledge and by doing so not only cures disease but prevents it.

Health education is the greatest boon given to the present generation by the medical profession and its effect upon national life can only be fairly appreciated when its ramifications upon national life are closely studied."

CLUB NOTES

Dear Doctor: Will you please tell me what to do for constipation? I am bothered with it a great deal and my bowels would not move for a week if I did not take something to move them. I have inflammation of the appendix at the present time. Is there a cure for it without operation?

In order to avoid an operation you will have to adopt energetic measures and keep it up for a long time. As long as the inflammation exists you should apply thoroughly over the appendix, the vegetable ointment to which I have frequently referred in these lectures. You should also take from two to four tablespoons of olive or mineral oil daily in order to keep the bowels freely open, and if necessary, take enemas before going to bed at night, using from two to three quarts of tepid water. You should keep up the use of the oil for at least one year to avoid an operation.

Your whole trouble was originally caused by improper diet and insufficient mastication. The food you eat remains too long in the stomach before digesting and this brings about fermentation. Your whole system is influenced by this more or less, and it can be stated plainly that the stomach is entirely responsible for any other trouble which may arise. To do your system with different medicines would never make you well, but by adopting a careful course of diet and not allowing yourself to become constipated you can not only avoid an operation, but be well in the future.

Eat generously of juicy fruits and vegetables, and above all chew everything you eat thoroughly; drink nothing while eating, but drink plenty of water between meals. Drink no tea or coffee at any time for it will retard the digestion very materially and you must keep it active, if you would avoid future attacks.

Dear Doctor: A year ago I got a pain in my hips and across the back. I first used all kinds of liniment, plasters, etc., but the pain increased until it got so severe that I had to lie in bed. Just as a child does today, and observed certain results. While these results would at the present time be considered standing on very weak foundation yet most so called standard remedies were established in this manner. It must be remembered that in the days of the medicine man which all nations had at one time or another scientific investigation was extremely primitive.

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The same can be said for luncheon and the Tea-Samovar for afternoon tea, all of which can be prepared right on the dining room table and served hot for immediate use.

In the evening Electricity still keeps in touch with the whole family. The house brilliantly lighted with the soft white light, the nearest approach to daylight yet found, delivered through beautiful fixtures adapted to all conditions even to those magnificent little boudoir lamps which are so admired.

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ALLIES LOAN TO BEAR 5 PER CENT; DOLLAR STANDARD

Will Run From Five to Ten Years Is Belief In Banking Circles Here.

New York, Sept. 15.—Further details of the loan by which the Anglo-French mission and the American financial interests will endeavor to stabilize foreign exchange became known in the Wall street district yesterday. No one who was in a position to have definite information of the plans had heard that anything less than one billion dollars would suffice.

The credit is to be established by the issuance of Joint Government bonds of England and France drawing 5 per cent interest, the bonds being a first lien on the two countries named.

Information was not as definite concerning the maturity of the bonds, and that will be one of the matters settled by discussion. From one source it was learned that some favor ten year bonds and others favor bonds which shall run from five to ten years, the former being the minimum, and the bonds to mature serially.

One thing has been definitely agreed upon and that is the bonds, principal and interest, also to be paid in American dollars, free from the income taxes of both countries. The interest will be paid in New York city and the principal also as it becomes due. The bonds will be listed on the New York Stock Exchange and will be dealt in as are other bonds. That is one of the arguments used by those who favor the longer term for the bonds—it would afford more opportunity for trading.

It was pointed out yesterday that this is the first time in history that England has ever been willing to pay a debt in the coin of another nation. Her gold sovereign has been the standard of the world for centuries. The American dollar for the first time supersedes and for that purpose is made the world's standard coin.

The bonds are to reach the American public through the most powerful financial syndicate ever organized. This syndicate will consist, not of any single group of bankers, nor will it be made up practically of every big banking institution in the United States.

It was that principle which led men interested to accept yesterday that it was absurd to say that great banking firms like Kuhn, Loeb & Co. or Speyer & Co. would not be asked to participate. This was summed up as follows:

"Every American banker in the country is asked to take off his coat and aid in making it possible for the producers of the United States, the farmers, the manufacturers, to dispose of their products abroad at advantageous prices."

It had been reported that some of the great banking firms with German connections had been hurt because they had been left out of the conference, asserting that they were good Americans and anxious to aid the country.

When James J. Hill called on Jacob H. Schiff yesterday it was rumored that he had gone to extend an olive branch. Nothing like this was necessary. It was authoritatively stated. Mr. Hill said he had merely paid a twenty minute call to an old friend.

Supplementing the Anglo-French loan discussion came the report in Wall street yesterday that great German interests, realizing that nothing can prevent the Anglo-French loan going through, since it appeals directly to the farming interests of the country, are now advocating a similar loan for Germany. Inasmuch as Germany is not now importing goods directly or in any quantity, the plan is to make large purchases of cotton and other commodities and store them in this country until after the war. The movement, it was said, has started in the west, and has been presented to pro-German interests in this city. It has not yet assumed any tangible shape.

Visitors anxious to confer with the members of the Anglo-French mission at the Biltmore came so rapidly yesterday that the session at the New York Clearing House was postponed. Baron Reading, Sir Edward Hopkinson Holden, H. Babbington Smith and Basil B. Blackett, representing England, and Octave Homberg and Ernst Mallet, representing France, remained in their temporary offices on the eighteenth floor of the hotel until after luncheon, and then separately they went into the banking district, where they made many calls.

They visited both public and private banking houses and saw not only New York bankers but many from out of town. Members of the mission did not care to say whom they had met, but it is known that Festus J. Wade of St. Louis, who negotiated the cotton loan of last year, had a talk with Baron Reading and Sir Edward Holden. Another man they met was Robert Windsor of Boston.

"We cannot say anything today," said Mr. Blackett. "We have been busy, very busy. We have met a considerable number of gentlemen and will continue to see them. Nothing has yet been decided."

He was asked if he had heard that any bankers were forgotten in the invitations to Mr. Morgan's reception. His answer was that the members of the mission could not be held responsible for the invitations to a social affair.

fair; they knew nothing of them and could know nothing of them. The local banking community, which has its fingers always on the financial pulse of the country, is convinced that the loan will be successfully negotiated.

PARADE TO MARK OPENING OF BIG HIBERNIAN FAIR

One of the biggest fraternal parades held in this city for a considerable time will be that Thursday evening marking the opening of the military and civic carnival to be given at Eagles' hall by "Company F," Hibernian Rifles. Many of the societies of the city have accepted invitations to participate. The parade will be formed in State street with right resting in Broad street, and marshals of the various organizations are requested to report to Col. T. J. Murphy, grand marshal at 7:30 o'clock. Included in the organizations which will form part of the parade are the Hibernian Rifles, Division No. 1, A. O. H., of this city; Stratford Hibernians; Co. A. and Co. K. uniformed rank, Woodmen of the World, under Major Mose; Eagles' degree team in uniform; Bridgeport Aerle, F. O. E.; Germania Singing Society; Schwabacher Maennerchor; Foresters of

America; St. Joseph T. A. B. society; St. Patrick's T. A. B. society and others.

The parade will start at 8 o'clock and the line of march will be from Broad to Gilbert street, Main street, to Madison avenue to Eagles' hall. The True Blue Drum Corps of 27 pieces will furnish marching music. The carnival is held for the purpose of raising a fund to pay for new equipment for the members of the Hibernian Rifles, and promises to be very successful. There will be a bill of entertainment each evening with many of the popular young singers and dancers of the city as entertainers, dancing, including the old fashioned dances with John J. O'Neill as prompter, refreshments, and various other amusements.

WHITE SOX WIN FROM CRACK GREENWICH TEAM.

The fast White Sox travelled to Greenwich, Sunday, and defeated the club representing that town by the score of 6 to 3, this being the second defeat this club has suffered this year. Manager McGuire says the Greenwich boys are good fellows, both on and off the field.

The game was played in the quick time of one hour and 30 minutes. The contest was full of feature plays which kept the crowd on edge. Manager McGuire was asked if he wouldn't bring his club there again before the season closes. He intends to go down in the course of two or three weeks.

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